The Claims: We claim:

1. A surgical trochar comprising:

an elongate rod having a sharp pointed end (first end), and a second end with means to connect a tube, and wherein said second end also has a recess configured to receive indexing means.

- 2. The surgical trochar of Claim 1, wherein said rod is bent such that said first end is at an angle to said second end.
 - 3. The surgical trochar of Claim 2 wherein said recess has a linear axis in the plane of said bend.
- 4. The surgical trochar of Claim 1 wherein a sheath is locked onto the first end, thereby covering said sharp point.
 - 5. The surgical trochar of Claim 4, wherein said sheath has locking means to fasten sharp pointed end within.
 - 6. The surgical trochar of Claim 4, wherein said
- 7. A guide for installing a surgical trochar (sharp instrument), comprising a first end having a receiver adapted for lockably accepting a safe trochar; and a second end having a holder adapted for releasable securing said safe trochar (sharp instrument) in all directions;

wherein said receiver and said holder are guided in continuous alignment such that the sharp end of said safe trochar (sharp instrument) will follow a straight line from within the receiver to a point separate from the receiver and back again into the receiver when the guide is actuated.

8. A method of protecting surgery personnel from sharp injuries providing the trochar of Claim 1.